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## Hells Angel charged in bar assault: RCMP

**RED DEER** Assault charges are pending against a Spruce Grove man Red Deer Mounties say is a known Hells Angels gang member.

It's alleged the 58-year-old man assaulted two women during a disturbance outside Urban Rodeo, a Red Deer bar, on Jan. 24. Police were called to the bar around 2:30 a.m., where they found two women, aged 20 and 21, suffering minor injuries. The man was arrested without incident.

Red Deer RCMP Const. Sabrina Grunow said two counts of assault are pending against the biker.

He was released on conditions and is expected in Red Deer Provincial Court on March 23.

METRO EDMONTON

## News on the Move

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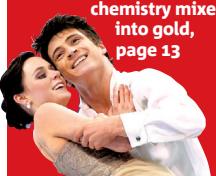
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## Vancouver Games

### Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.  
• Today — Skaters hope chemistry mixes into gold, page 13



### On the web

Visit [metronews.ca](http://metronews.ca) for news updates

A reason to smile

4-2

# Lucy goes to court

City, rights groups begin battle over elephant's fate

**VICTORIA HANDYSIDES**  
[victoria.handysides@metronews.ca](mailto:victoria.handysides@metronews.ca)

can't be cured unless she's sent off to a natural environment," Ruby said.

A legal tug-of-war over the city's aging Asian elephant has officially begun, after a high-profile attorney representing two animal-rights groups filed a lawsuit against the City of Edmonton yesterday.

"We wouldn't have brought it if we hadn't had accommodation of a very strong case for the pain and suffering the animal is in," said Toronto-based lawyer Clayton Ruby, hired by PETA, Zoocheck Canada and Edmonton-based Voice For Animals.

Ruby claims the 34-year-old elephant's living conditions put the city in direct violation of the Animal Protection Act of Alberta.

The lawsuit hinges on Lucy's segregation from other elephants, her concrete enclosure, diet and exercise regime. Ruby says her failing health — including arthritis, obesity and respiratory problems — are a direct result of her living conditions. "They

"To go to a court without going to the officers first circumvents the whole process," he said.

The lawsuit is the first of its kind seen in Canada.

"It's going to cost hundreds of thousands to defend this kind of case and defend Lucy's suffering, and they can't find enough money for snow removal," Ruby said.

The legal teams meet in Court of Queen's Bench March 1.



Edmonton Oilers' Sam Gagner skates to the bench after scoring on Carolina Hurricanes during second period NHL hockey action in Edmonton yesterday. The Oilers came out of a 13-game losing streak to win against the Hurricanes 4-2. Story, page 13

## Former commander says Afghanistan is 'ripe for success'

**VICTORIA HANDYSIDES**  
[victoria.handysides@metronews.ca](mailto:victoria.handysides@metronews.ca)

**SPEECH** One of Canada's top military men talked realities of war with university students yesterday, including recent casualties and the country's past, present

and future in Afghanistan. "Conditions are becoming extremely ripe for the success of the Afghan government and its people," Brig. Gen. Jonathan Vance said, before speaking with students at Grant MacEwan University.

The 27-year Canadian

Forces General recently returned from Kandahar, where he says Canada's role, rather than being diminished, is being enhanced.

He says he's optimistic about Afghanistan's future, and the local military and government will have

secured their roles in the war-torn country by the time Canadian troops pull out of the region in 2011, after which the NATO alliance will remain.

"It will still be the responsibility of the Afghan government and people to put in place extension of

services and improve the quality of life, such that people see the government as their champion," he said. "The Taliban and all other actors that make up this terribly complex and dangerous environment will simply start to become irrelevant."

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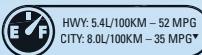


A large blue button with the word "NO" in white, with the word "INTEREST" below it.

A red Chevrolet Cobalt is shown from a front-three-quarter angle, occupying the bottom half of the frame. The top half features a large blue button with the word 'NO' in white, followed by the text 'PAYMENTS FOR 90 DAYS' in blue, with a small asterisk and '00' indicating terms and conditions apply. The background is white.

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# Local



## Distracted drivers in radar

Mounties have extra eyes on the highways this month, on the lookout for drivers who text, eat, and apply makeup while behind the wheel. Distracted driving, "K" Division RCMP Cpl. Eric Irani says, contributes in 20 to 30 per cent of collisions in the province. Officers will target drivers they see engaged in distracting behaviour in February.

METRO EDMONTON

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### News in brief

**DEATHS** Wetaskiwin RCMP are investigating the deaths of 2 persons found at a residence in the town of Millet yesterday. The RCMP are treating both deaths as suspicious.

**NEW DEAN** Lesley Cormack was named new dean of the Faculty of Arts at the University of Alberta yesterday. She will begin the five-year position in July.

METRO EDMONTON

### Edmonton Tweets

**@ecgo** Zoocheck and PETA are a joke. The Valley Zoo staff are doing a wonderful job on taking care of Lucy and I hope #yeg can defeat the lawsuit.

**@thecolinium** I don't know much about this Lucy elephant business, but put me in favour of letting her roam free around the city. #yeg

**@ashleybaxteryeq** Who is cheering for the Oilers to win ?? Who is cheering for the Oilers to lose, and get the first round draft pick ??? #yeg

**metronews.ca**  
What's online today.

**Blogs** This year's Grammy winners prompt Backbeat to wonder about the troubled relationship between talent and success in popular music

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## Protecting our protectors

Campaign seeks to raise awareness of preventable dangers

**HARRY HODGE**  
harry.hodge@metronews.ca

A new series of public service announcements show that in some cases, dealing with an emergency can be more deadly than the emergency itself.

The series of commercials show police, firefighters and paramedics all dealing with various emergency situations in unsafe buildings, or being endangered in traffic by distracted drivers, as preventable scenarios to allow them to do their jobs.

The campaign is entitled Put Yourself in Our Boots and is designed to reduce preventable injuries and fatalities and promote workplace safety for emergency services workers. Radio and print announcements are due to follow later in the year.

Maryanne Pope is board chair for the John Petropoulos Memorial Fund. The fund was established after her husband John, a Calgary police officer, fell to his



Pictured is a still from the upcoming Put Yourself in Our Boots campaign, which highlights hazards faced by emergency responders.

death responding to a call in a warehouse. One of the commercials in the new campaign is based on the incident that took his life.

"There was no one in the building, it was a false alarm," Pope said. "That was part of the story that

took me a long time to come to terms with.

"If there had been a safety railing this wouldn't have happened to him or anyone else."

Edmonton deputy police Chief David Korol observed that distracted motorists

can really cause problems and generate perils for officers on duty, and expressed hopes the ads would help remedy this problem.

"Our workplace is everywhere, and very often our workplace is on the streets," Korol said.

## Cuts will marginalize people: Assistance group

**YONATHAN SUMAMO**  
for Metro Edmonton

**COMMUNITY SUPPORTS** The president of an Albertan living assistance organization said she is disappointed after a meeting with the minister of Seniors and Community Supports about future cuts to programs for people with developmental disabilities.

"There was no commitment for anything," McDonald said. "What we asked for was a table for

better consultations and some collaboration."

This meeting was a result of Jablonski asking organizations to make voluntary cuts to help with an \$11 million budget decrease to assistance providers. Jablonski had changed her original request from back in December, when these same organizations would be forced to make the cuts.

McDonald said that

whether their reduced funding is voluntary or enforced, it could keep people from carrying on with daily life, such as going to a job or even going outside.

"At the most harshest level, we are reducing people to a life of marginalization and being confined to their homes if there is no access to community services to work," McDonald said.

## Energy firms to report earnings this week for '09

**ECONOMY** With major Canadian energy companies set to reveal how they finished one of the toughest years in recent memory, oil producers are expected to shine while natural gas and refining-weighted players continue to suffer.

Investors this week will hear from three major integrated energy firms, which have operations in production, refining and retail aspects of the business.

Oilsands-focused Suncor Energy Inc. reports earnings before the start of trading this morning, with Imperial Oil Ltd. following later in the day and Husky Energy Inc. reporting tomorrow.

THE CANADIAN PRESS

## Man charged in triple hit-and-run

**INVESTIGATION** Charges have been laid against a 20-year-old man after a vehicle hit three people early Saturday morning.

Police said they were called about 2:30 a.m. after a Dodge Ram truck slammed into three pedestrians attempting to cross an intersection on 109 Street and 111 Avenue, before driving away.

A 16-year-old girl was taken to hospital with serious facial injuries and broken bones. The two men are believed to have non-life-threatening injuries, police said.

Braden Carl Burr has been charged with three counts of hit and run causing bodily harm.

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A federal fisheries official confirms the department intends to authorize a grey seal hunt this month in a protected area off eastern Cape Breton. Andrew Newbould says a quota of 2,220 grey seals has been set for Hay Island, which is part of the Scaterie Island Wilderness Area. **THE CANADIAN PRESS**

# Canada



## Gay rights activist dies

Keith Norton, left, a high-profile Ontario Conservative cabinet minister who went on to champion gay rights and battle age discrimination as head of the province's human rights commission, was remembered yesterday as a caring and compassionate man. Norton died Sunday night in Toronto General Hospital of cancer, his family said. He was 69. His political opponents and colleagues said Norton was a devoted public servant.

**THE CANADIAN PRESS**

## Three suspended at embattled rights agency

Rights and Democracy turmoil continues

**Three senior managers at a government-funded rights agency rocked by allegations of Conservative meddling have been suspended, including one of its longest-serving employees.**

A well-placed source with the organization told The Canadian Press that Marie-France Cloutier, Razmik Panossian and Charles Vallerand were suspended with pay from Rights and Democracy late Friday, and told that they were the subjects of an internal investigation.

The three were among the staff that had earlier declared non-confidence in the Conservative-appointed

### Liberals accuse Tories of sabotage

- The Liberals have accused Prime Minister Stephen Harper's government of trying to sabotage the organization from within. NDP Foreign Af-

fairs critic Paul Dewar yesterday called for a parliamentary committee to investigate the troubles at Rights and Democracy.

chairman and two board members. Cloutier, the resource and administrative director, has been with the organization since 1990, working alongside first president and former NDP leader Ed Broadbent.

The independent agency has been in turmoil for the last year, but the problems came to a head earlier this month when president Remy Beauregard died of a

heart attack following a tense board meeting.

Beauregard had been in a struggle with three other board members over the direction of the agency, specifically on policy and funding decisions related to the Middle East. At the time of his death, he was disputing the details of a performance review that had been sent to government bosses without his input. **THE CANADIAN PRESS**

## Feeling constrained?



## Vancouver Coke gives \$350K for inner-city court



Youth throw basketballs at a park in Vancouver's Downtown Eastside yesterday. Coca-Cola announced its \$350,000 investment to create an inner-city outdoor sport court in Vancouver as a part of the legacy of sponsoring the Vancouver 2010 Olympic Winter Games.

## Group targeting indoor tanning

**CANCER** The spot was very dark, almost black, barely the size of a pencil eraser, and would bleed when Jackie Connors shaved her legs.

She initially chose to ignore it. But at age 20 while in nursing school and learning about the signs and symptoms of skin cancer, it soon would become a cause for concern.

"I still remember sitting at my desk thinking, 'Wow, this is what I have,' and still trying to put it in the back of my mind of not wanting to think that it could be that," Connors recalled in a telephone interview from St. John's, N.L.

Her family doctor thought she was too young to have skin cancer, but referred her to a surgeon to have the spot re- Jackie Connors moved.

About a week after he'd taken it off, the surgeon called her and confirmed her initial fears — she had melanoma.

"I was devastated, I was for a lot of reasons," Connors recalled of her reaction. "(Not) just for the diagnosis of cancer, but also knowing I couldn't tan anymore."

"As scary as it sounds, that was one of the things that went through my mind was: 'Oh my gosh, I'm not

### Study

**Analysis of more than 20 epidemiological studies revealed the risk of skin cancer increased by 75 per cent when the use of tanning devices starts before the age of 30, a working group of the World Health Organization's International Agency of Research on Cancer found.**

going to be able to tan anymore."

From around age 16, Connors had frequented tanning salons, paying visits three times a week. She started out first using lie-down tanning beds which took 20 minutes, then switched to the stand-up booths, which took about half the time.

Now 36, Connors is part of a new campaign by the Canadian Dermatology Association which features melanoma survivors encouraging young women to learn the facts about indoor tanning.

The CDA has long advocated against indoor tanning use. But with its "Indoor Tanning is Out" campaign, launched yesterday, the organization representing Canada's dermatologists is targeting young women with its message.



### News in brief

**UFO** A UFO researcher and author from Finland says mysterious objects seen over Newfoundland last week were likely jetliners catching the winter sun.

**THE CANADIAN PRESS**



A new poll suggests Harper may be in trouble as Liberals gain traction in key ridings. Scan this code for the story.

# Oil firms must help cut emissions: Prentice

**Canada risks becoming the international poster child of unsound resource development if it doesn't do a better job of developing the oilsands, says federal Environment Minister Jim Prentice.**

He told a Calgary business audience yesterday that the government of Prime Minister Stephen Harper supports continued expansion of the oilsands, but that large energy companies need to do more as Canada seeks to reach its targets under the Copenhagen climate change accord.

The development of the oilsands and the environmental footprint of these industrial activities have become an international issue and as such, they now transcend the inter-

## Prentice seeking harmony

- Prentice said Canada will harmonize its plans to reduce carbon emissions with the United States and Mexico. He said Canada wants to assume

its fair share of responsibility, but needs to do it in a way that's not going to damage jobs, investment and industrial competitiveness.

est from 2005 levels over the next 10 years.

Countries that attended the climate change conference in December were supposed to outline their own targets before the UN's final deadline of Jan. 31. The accord, which isn't legally binding, offers money to developing nations to help them fight global warming, but it doesn't set new greenhouse gas reduction targets. Instead, countries are to set their own targets.

THE CANADIAN PRESS

## Vancouver Games security taking off



Olympic security officials show what Olympic spectators can expect for security screening during a exercise in Vancouver, B.C. yesterday. Members of the public who are planning on attending any Olympic venue should treat it as if they are going to get on a plane. The Vancouver 2010 Winter Olympic Games begin on Feb. 12.

## Canadian consumers seeing light at end of economic tunnel: Survey

**CONFIDENCE** The Conference Board of Canada says Canadian consumers are feeling better about the economy and can see a light at the end of the recession tunnel.

The board says its index of consumer confidence rose 13.8 percentage points in January to a 23-month high of 96.6 points, using confidence in 2002 as the 100-point baseline.

The Western provinces led the increase in the confidence index, with British Columbia recording its

**96.6** Consumer confidence is at a 23-month high of 96.6 points, according to the Conference Board of Canada.

largest-yet monthly gain. The index for Ontario hit double where it was in December 2008.

But a similar Royal Bank survey found that more than half of respondents described the economy as bad in January than those who thought it was in good

## Poll shows Grits gaining ground

**POLITICS** A new poll says the political ground is shifting under the Tories, with the Liberals making gains in key areas.

The Canadian Press Harris-Decima survey shows a continuing dead heat between the two parties at 32 per cent each. But the figures suggest the Liberals are well ahead in Quebec and have inched into the lead in vote-rich ridings around Toronto.

The Liberals also appear competitive in B.C.

THE CANADIAN PRESS

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# Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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## Comment

## A different kind of Conservative

## National Report

Lawrence Martin

metronews.ca/nationalreport

Stockwell Day kicked off his tenure as the new Treasury Board secretary with a folksy note. "Hello out there in Treasury Board land!" he wrote employees. "As your newly appointed

president ... I don't mind telling you I'm feeling a little bit overwhelmed."

Yikes, he exclaimed, all these briefing books are so huge! So much to learn. His grandkids, he said, would be asking what do Treasury Board people do? "Do they take care of treasures?"

And Stock said he would tell them, "Well, kind of." And on he went in that chummy vein.

This is strange behaviour for a minister in Harperland. It's the kind of reaching out rarely seen in a gov-

ernment that is so uptight. But it's been Stock's way all along. He is the tension defuser, relaxed as can be. It's among the reasons he has been successful.

He is a remarkable story, a political Lazarus, a foremost example of the wisdom in the old adage — never give up, no matter how hard life is kicking you. Day, of course, is the former Alliance Party leader who imploded in the space of a year. He was derided as a lightweight, the guy who staged a drip-

ping-wet press conference on an Okanagan beach. A party rebellion forced him out. It was thought he would never be heard from again.

But he quietly made strides, first as minister of public safety, then as trade minister. He's seen as a straight shooter. While colleagues have turned the Commons question period into a hackneyed circus of partisan exhibitionism, he gives reasonable answers.

At Treasury Board he will be on the hot seat, charged

with bringing down the spiralling federal deficit. It's about credibility. And Day, who had so little of it some years ago, now finds himself as being among the most trusted performers on the Conservative front bench.

The other big guns are hurting. Environment Minister Jim Prentice has been given little to do on the global warming file except gather fossil awards. Defence Minister Peter MacKay was doing well, but took a big hit on the Richard

Colvin file. Justice Minister Rob Nicholson's charges of the opposition being soft on crime ring hollow. His own government has done more to obstruct crime legislation through prorogations than have the opposition parties. Finance Minister Jim Flaherty is doing better, but his history in the portfolio is tarnished.

That leaves Stock Day. Who would have thunk it?

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

## Views

## Please hold, your call is important to us

## In Business

Charles Davies

metronews.ca/inbusiness

Here's some unsolicited advice for companies that want to make the most of the economic recovery, improve customer service and satisfaction, and create jobs.

What I'm going to suggest will cost, but it will boost revenues and, perhaps most importantly, improve customer loyalty. The idea is simple: Get rid of au-

tomated telephone systems and bring back the switchboard. Then, invest in customer service by hiring and developing skilled people who are not only articulate and educated, but also possess the common sense to treat each customer call as unique.

Lest you think this is the raving of a hopeless Luddite, consider the corrosive effect of the phone systems and customer service regimes we have now. Automated phone systems are supposed to speed customers to the right destinations in a company by providing menu choices, very often using computerized

voices that sound eerily like your least favourite elementary school teacher.

But in this case, technology actually retards progress. It is one thing to punch in your language of choice, but it's instantaneously frustrating to navigate a series of choices, none of which may apply to your problem.

By the time you actually reach a human being, usually by stabbing the "0" button until your finger bleeds, your patience is frayed, only to be left in tatters when the person you're talking to gets you to repeat information you've already given and then proceeds to be thoroughly unhelpful.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

Just imagine, however, if your call was immediately picked up by a live, courteous and smart person. Using knowledge of a company's workings, the operator could plug you in to someone who actually has the knowledge and communication skills to solve your problem.

The reality for businesses is that customer service is the vital front line. And sometimes technology isn't the solution, but part of the problem. Going retro just might be the answer.



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A team of Polish scientists say they have discovered three Neanderthal teeth in a cave in the southern part of the country. The lead researcher said yesterday that although Neanderthal artifacts have been unearthed in Poland before, the teeth are the first remains of Neanderthals themselves discovered. **THE ASSOCIATED PRESS**

## Sri Lanka Rajapaksa re-elected



Sri Lankan President Mahinda Rajapaksa's photograph is seen pasted on a supporter's forehead, in Colombo, Sri Lanka, yesterday. Riding high on his battlefield victory against the Tamil Tiger rebels and his landslide re-election, Rajapaksa appears under little pressure to tackle deep ethnic tensions.

## News in brief

**CLIMATE CHANGE** The reduction goals announced by the nations responsible for the bulk of the world's greenhouse gas emissions are likely to fall short of what many scientists

say is needed to limit the disastrous effects of climate change, a UN official said yesterday. Janos Pasztor, the top climate adviser to Secretary General Ban Ki-moon, however, said the

commitments, which largely reaffirm their previous pledges, make it highly unlikely the world can meet the goal set at the Copenhagen climate conference. **THE ASSOCIATED PRESS**

## Church official apologizes

Jesuit leader says institution ignored child sex abuse

**"I am ashamed that nothing was done at the time. I also apologize that those responsible at the order at the time did not ... react the way that would have been necessary."**

Father Stefan Dartmann

the way it would have been necessary."

At least 20 students were sexually abused by the two priests at Berlin's private Catholic Canisius Kolleg in the 1970s and 1980s, the school's director Father Klaus Mertes said at a joint press conference with Father Stefan Dartmann, the head of the Jesuit order of Germany.

That is much higher than the initial seven sexual abuse cases attributed to the two priests, Fathers Peter Riedel and Wolfgang Stab, that Mertes had reported last month.

"I am ashamed that nothing was done at the time," Dartmann said at the news conference. "I also apologize that those responsible at the order at the time did not ... react

people and scientists. The scandal has become big news because Germany has not seen the major sexual abuse scandals involving the Roman Catholic church that the United States and Ireland have.

Riedel forced his students to masturbate and Stab exercised "excessive corporal rituals" in a sexual context, said Dartmann.

Both men later left the order and Stab has admitted the abuse. He now lives in Chile and sent a letter last month to some of the victims to apologize.

Riedel was attacked by one of his former victims in 1986, who then killed himself, the Berliner Morgenpost newspaper said. Riedel has not admitted the abuse.

**THE ASSOCIATED PRESS**

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## Giant squid invade California

**NEWPORT BEACH** Giant squid weighing up to 60 pounds each have invaded the California waters off Newport Beach and are being caught by sport fishermen by the hundreds. The squid showed up last week and anglers started booking twilight fishing trips over the weekend to catch them. The Humboldt squid is also called the jumbo squid or jumbo flying squid and squirts ink to protect itself. Robert Woodbury with Newport Landing Sportfishing told The Orange County Register that anglers in the Southern California county have caught about 400 of the big squid since Friday night. **THE ASSOCIATED PRESS**

## Trial begins in Concorde crash

**PARIS** Was a scrap of metal on the runway really the main culprit in the fiery crash of an Air France Concorde? The finding, insisted by French investigators for a decade, will be scrutinized in a trial starting today. Prosecutors argue that the jet never would have crashed in 2000 — killing 113 — if a Continental Airlines DC-10 hadn't dropped a piece of titanium onto airport runway minutes before the Concorde soared into the sky. **THE ASSOCIATED PRESS**

**Huge pay raise for Time Warner boss**

Time Warner Inc. chief executive Jeffrey Bewkes is getting a pay raise potentially worth an extra \$3.25 million US a year. The company's compensation committee last week approved a \$250,000 increase in salary to \$2 million a year, retroactive to Jan. 1. **THE ASSOCIATED PRESS**

# Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Forestry industry must diversify, says study

**The future of forestry lies in blending the production of traditional wood products with new eco-friendly ones such as biochemicals and bioenergy, says a new study.**

The forest industry needs to extract the maximum value "from every tree harvested," Avrim Lazar, president of the Forest Products Association of Canada, said yesterday.

The study, based on interviews with 65 experts as well as industry leaders and government, predicts a bright future for the forest industry despite the economic downturn and the resultant 50,000 job losses and collapses in the demand for lumber and paper.

"What we need is a shift in business model, a new

**"It's government's job to accelerate this transformation."**

Avrim Lazar, president, Forest Products Association of Canada

business model that still produces lumber, pulp and paper but also extracts maximum value from every tree harvested," Lazar said. "The message for government is that we have to re-examine our policies and programs to make this possible. It's not government's job to support the status quo, to inhibit change. It's government's job to accelerate

this transformation."

The forest products association is calling on Ottawa to offer economic stimulus to facilitate the change through research, tax measures and other funding.

The payback will be a big increase in clean energy for Canada, sustainable jobs in the forest industry, and revitalized investment, Lazar said.

While demand for paper will continue to wane, he said most of the industry sees good future demand for lumber, pulp, bioenergy and other new wood products.

The challenge facing the industry is to capitalize on the demand for new products to restore growth, the president said.

THE CANADIAN PRESS

### Tokyo JAL leaves us in suspense



JUNJI KUROKAWA/THE ASSOCIATED PRESS

Japan Airlines' new chairman, Kazuo Inamori, reacts yesterday as he is asked by a photographer to pose after his press conference in Tokyo. The carrier will decide on its alliance partner "as soon as possible" but wouldn't provide a time frame. JAL filed for bankruptcy two weeks ago.

## Toyota expects month of repairs

**RECALLS** Toyota says all 270,000 vehicles in Canada affected by a huge recall should be able to have their defective accelerator pedals repaired within a month, with dealers expected to begin work on priority vehicles by the end of this week.

Customers who own a vehicle that has been recalled should expect a call from their dealer once they're ready to begin doing the repairs. Toyota Canada announced yesterday as it grappled with the biggest recall in company history.

THE CANADIAN PRESS



Canwest makes changes to the sale of its major newspaper holdings after complaints from lenders. Scan this code for the story.

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## Your Money

## Understanding RRSPs

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### ALISON'S MONEY RULE

The box that is your RRSP is the least important part of your retirement savings plan. What you put in the box is the most important.

way they have been promoted and sold. There's been too much focus on getting money into the RRSP and not enough on what happens afterwards.

When you set up monthly or lump sum RRSP contributions at your bank, an adviser usually offers boilerplate portfolios based on an assessment of your risk tolerance. These portfolios typically contain from six to 10 mutual funds with your money automatically parceled among them.

But are the individual funds the best available?

Too often these packaged portfolios contain some good funds, some mediocre ones and some that are awful.

Additionally, banks and other financial institutions are predisposed to sell their own products, called "pro-

prietary funds, while there might be others that are better performers or that have lower fees.

The other mistake commonly made by contributors is to select funds, either on their own or with the help of an adviser, that fall into the same fund family. Rarely does one fund family do everything well. Some, for instance, are excellent at managing fixed income while others excel at domestic stocks.

Deposit money into your RRSP by all means, but don't be afraid to leave the contribution in cash while you evaluate your fund choices or those recommended by an adviser. This is the question to ask of every investment: Is this product the top performer in its class? If not, don't buy it.

Alison Griffiths is a financial journalist, author and host of *Mixed Out* on the N Network. Write to her at alison@alisongriffiths.ca.

### Cinram stock takes big dive

**AGREEMENTS** Stock in Toronto-based disc manufacturer Cinram International plunged nearly 60 per cent near midday yesterday after Warner Home Video said it is ending a key supply agreement between the companies.

It will be a huge blow to the Canadian income fund, one of the world's biggest DVD and CD manufacturers, which estimates about 28 per cent of its revenue last year came from Warner Home Video.

Cinram's units were down \$1.72 to \$1.19 on the Toronto Stock Exchange.

Cinram says Warner's decision to terminate their agreement July 31 will have an impact on its operations in North America and Europe.

THE CANADIAN PRESS



## Limits of spousal RRSP contributions

### MoneyMatters

**Henry  
Choo  
Chong**

metronews.ca/moneymatters

**Q** What is the maximum contribution to my wife's RRSP that I can deduct? If that money is withdrawn this year, how much will she get taxed? — Gord

**A** The maximum an individual may deduct on their tax returns is limited by the RRSP deduction available for the year, regardless if it's split with a spouse. Your wife can set up a spousal RRSP and you can make contributions, provided you have the room.

Withdrawals by your spouse from a spousal RRSP where contributions

were made in the year or either of the two preceding years will be attributed back to the original contributor and taxed in the original contributor's hands (limited exceptions).

Henry Choo Chong, CGA, can be reached at choochonghga@yahoo.ca.

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# MBA Guide

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

## MBA skill set in demand

RAFAEL BRUSLOW  
for Metro Canada

**With greater career mobility, pay increases and a skill set that makes graduates strong business leaders, the benefits of an MBA degree can be hard to pass up.**

Among other things, an MBA degree can teach you crucial leadership, resource and people-management skills that are in demand for a large number of business organizations.

Leslee Harden, director of the MBA program at the Edwards School of Business in Saskatoon, says the best quality of an MBA degree is its holistic nature.

"I don't think there's any debate that an MBA is a ubiquitous degree — any or-

**"Any organization can use someone with the kind of education an MBA can bring."**

Leslee Harden, Edwards School of Business

ganization can use someone with the kind of education an MBA can bring. Not only does an MBA allow access to careers within various organizations, but across industries as well," Harden said.

A recent study by U.S. human resources firm Accountemps showed that about 80 per cent of senior management staff at corporations and financial firms hold MBA degrees, suggesting the degree is considered by many to be a requirement for senior leaders. Figures from several sources, including

[businessweek.com](http://businessweek.com), show a potential salary increase post-MBA to be anywhere from 30 to 80 per cent.

Harden says beyond the expected pay increase, an MBA can let technically skilled people such as scientists and engineers move into lucrative managerial roles and let others jump on senior positions that open up within an organization.

"An MBA degree is all about understanding the connections within business and managing people, money and processes to make effective business decisions — any business can use that," Harden said.

Jacquelin Thayer Scott, former president and cur-

rent professor at the Shannon School of Business at Cape Breton University, says many MBA students come into the degree through job experiences rather than pre-planning — a good thing since that makes for a much more natural progression into the skills the degree teaches.

"A lot of graduates didn't initially see themselves as managers. They worked at an organization where eventually they did a good job and the boss asked them to take on management responsibilities — that's when they suddenly realized they didn't know how to manage," Scott said.

She says networking is a huge part of today's global business climate, so make sure to forge connections in the classroom.

"Take the opportunity in the classroom to get to know those students from other countries because you're creating a personal network that can be really valuable," Scott said.



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## Grads 'make a big impact'

DANIEL TAM  
for Metro Canada



**Recent post-secondary graduates looking to build some momentum in their upstart careers could consider obtaining MBA degrees found in many of Western Canada's universities.**

Twelve universities from British Columbia to Saskatchewan offer either full-time or part-time MBA programs for graduates who have aspirations to one day work in management positions.

Specializations are offered in everything from finance and marketing to entrepreneurship and strategic management to fit the needs of even the most diverse group of students.

Brian Yiu, an investment banker now residing in Hong Kong, went for his MBA in finance at UBC when he was 25.

"I had worked for two years at CIBC as a management trainee when I took a leave of absence to go back to UBC to get my MBA," said Yiu. "The degree helped me in being considered for new jobs and promotions."

Some notable graduates of MBA programs in Western Canada have made

**Twelve universities from British Columbia to Saskatchewan offer MBAs.**

quite the impact in the business world as well as society. For example, president and CEO of HSBC Bank Canada Lindsay Gordon, as well as former Starbucks Asia Pacific President Pedro Man, are part of UBC's MBA Alumni.

Current B.C. Premier Gordon Campbell graduated from one of Simon Fraser University's MBA Programs.

"(MBA programs) prepare graduates to go into a wide variety of management positions," said Ed Bukszar, associate dean at the Segal Graduate School of Business at SFU.

"We have very distinct programs," said Bukszar.

**"(MBA programs) prepare graduates to go into a wide variety of management positions."**

Ed Bukszar

"We have a finance program that's geared towards financial training in risk management and investment management, and another that focuses on transitioning scientists and engineers into management roles."

Students applying for their MBA come from a variety of academic backgrounds, said Bukszar.

"I've got an opera star in my class with a music background, sitting next to physicists, mathematicians and even a professional snowboarder," said Bukszar. "It's a very diverse group, not only in terms of cultural diversity but also in terms of their academic and personal interests."

The education obtained through MBA programs can help students gain traction in their careers, said Bukszar.

"I honestly and completely believe that these people are going to make a big impact on the world," said Bukszar.

# An important message from Toyota Canada.

As you know, we have issued a recall on select Toyota models in response to reports that, in rare cases, there is the possibility that the accelerator pedal may mechanically stick.

We have also taken the unprecedented step of suspending the production and delivery of the affected models.

We regret any loss of peace of mind that this recall may have caused. But a recall was necessary because we place the safety of you, our customers, above everything else.

We mobilized our engineering teams around the world to immediately find a solution for the problem. And they have. This will be applied to all affected models – on the road and on the production line – so that every Toyota owner can continue to feel confident in their vehicle.

This week, we will begin mailing information directly to every Toyota owner affected by this recall, with instructions on exactly what they should do next.

For the latest information we encourage you to visit our updated website at [toyota.ca](http://toyota.ca), contact your dealer, or call the customer interaction centre at 1-888-TOYOTA-8 (1-888-869-6828).





Green MBA students learn focus on sustainability while also considering how to maximize profits.

# MBAs go green

## More schools focusing on sustainability

KEITH CARMAN  
for Metro Canada

**The industrial revolution had many impacts on our planet, two unforeseeable: Environmental havoc and, in turn, an admission that something must be done to alter this destructive path.**

Everyone from marketing to manufacturing has

taken up the ecosystem's cause, with two fiscally oriented fields in particular — business administration and post-secondary institutions — recognizing their part in social responsibility. Working together, they have updated the MBA through a fresh choice in distinction: Sustainability — a.k.a. the "Green" MBA.

Traditionally, an MBA focuses on a financial standpoint: Management, conventional economic theory and business ethics. However, as the reality of maintaining global finance is increasingly impacted by environmental concerns, business has acknowledged its accountability in maintaining current practice while ensuring future revenues. It must maximize profit while affecting Mother Nature minimally. In essence, business needs a balance of understanding economy and ecology; the Triple Bottom Line referred to insiders as People, Profit and Planet. Enter MBA graduates with a mind for the landscape.

In that respect, many Canadian universities now offer sustainability/social responsibility as an addendum to their continuing MBA programs. A curriculum that broadens respected business models to include three new criteria — economic (the financial implication of depleting natural resources); environmental (loss of commercial flora or fauna; global warming); and social (increasing population overtaxing the planet).

Completion of the green MBA is generally within the original course's duration of approximately four-and-a-half years from bachelor's degree to master's. Sixteen of those months focus more intensely on global impact, and the result is an MBA with accompanying diplomas characterizing attention to sustainability.

Growing in popularity, Green MBAs abound across Canada. Virtually every post-secondary institution offers a direct program or variation, creating a swath of carbon-



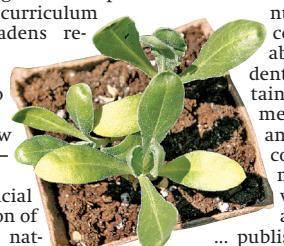
York's Schulich School of Business was recently named the Top Global Green MBA school.

offsetting footprints across the Great White North. The likes of Sauder (University of B.C.), University of Alberta and Manitoba, Richard Ivey (Western), Laurentian, McGill and more boast such programs, while York's Schulich School Of Business was deemed Top Global Green MBA school by non-profit humanities organization The Aspen Group (TAG) for 2009-2010. It beat out competitors such as Yale and Notre Dame thanks to what TAG identified in their latest report as an

"extraordinary number of courses available to students that contain environmental, social and ethical content" and many "relevant scholarly articles ... published by the school's faculty members."

To that extent, distinction is crucial in garnering fresh enrolment to green MBAs. Halifax's Dalhousie boasts an MBA in natural resources, whereas the University of Victoria has embedded sustainability directly into all MBA and bachelor Of commerce degrees. Summarizing University Of Ottawa Professor David Wright, Telfer School of Management yields a green MBA that "directly addresses the business impact of (climate change), corporate social responsibility (and) ... identifying the business opportunities that arise from climate change."

It would seem commerce and universities are interested in a different sort of "green" these days.



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## Strong return for Massa

Ferrari driver Felipe Massa returned yesterday to a competitive Formula One car for the first time since a life-threatening crash last summer and promptly set the fastest time in the season's debut test session. **THE ASSOCIATED PRESS**

# Sports

EDITOR: DON.MCHOUILL@METRONEWS.CA

## SCOREBOARD

## NHL

## YESTERDAY'S RESULTS

EDMONTON 4 Carolina 2  
Philadelphia 95 L.A. 93  
Calgary 0  
Anaheim 3 Florida 0  
Pittsburgh 5 Buffalo 4

## NBA

## YESTERDAY'S RESULTS

Boston 99 Washington 88  
Memphis 95 L.A. Lakers 93  
Milwaukee 97 Miami 81  
Phoenix 109 New Orleans 100  
Utah 104 Dallas 92  
Sacramento 91 Denver 88  
Charlotte at Portland

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Former players recall the "crazy" early days of the Super Bowl-bound New Orleans Saints. Scan this code for the story.

## NHL RESULTS

## Hurricanes 2 Oilers 4



**Marc Pouliot and JF Jacques had a goal and an assist apiece as the Edmonton Oilers finally ended a 13-game winless streak, beating the Carolina Hurricanes 4-2 last night.**

Gilbert Brule and Sam Gagner also scored for the Oilers (17-31-6) who were

one game shy of tying a franchise-worst 14-game winless streak, set in 1993. The Oilers have just two wins in their last 22 games and are five points back of Carolina and Toronto in last place in the NHL.

Andrew Alberts and Jussi Jokinen scored for the Hurricanes (19-29-7), who had won four in a row and five out of six games coming into the match.

Carolina scored on its first shot of the game as the Hurricanes won a draw deep in the Oilers' zone while playing four-on-four.

Alberts scored from the point, beating Edmonton goalie Jeff Deslauriers.

Edmonton tied the game five minutes later as Jacques took a bad angle shot that Carolina starter Cam Ward accidentally directed into his own net with his glove.

The Oilers took a 2-1 lead with five minutes remaining in the opening period as Andrew Cogliano took the puck out of the Edmonton zone with a head of steam and sent it to Patrick O'Sullivan, who quickly directed it to Brule for his 12th.

The Hurricanes tied the game up again midway through the second period on the power play as Jokinen walked through the Oilers' defence and flipped a soft goal over Deslauriers.

The Oilers went ahead 3-2 as Pouliot snuck out from behind the net and banked the puck off of Ward's pads and in for his first goal of the season.

Gagner made it a two-goal game with a power play goal with three minutes left in the middle frame. **THE CANADIAN PRESS**

## Sports in brief

**CFL** The 2010 Canadian Football League schedule kicks Canada Day off with a Grey Cup rematch while Moncton will host the first regular season game in Atlantic Canada on Sept. 26 featuring the Edmonton Eskimos and Toronto Argonauts.

**CURLING** Jennifer Jones' bid for a third straight Scotties Tournament of Hearts title took a big hit yesterday after her Canada foursome suffered a pair of shocking losses: falling 10-4 to Northwest Territories/Yukon in Draw 7 and 8-4 to Newfoundland and Labrador in Draw 8.

THE CANADIAN PRESS

## Vancouver Games

## Moir, Virtue partnership forged over a decade

They lock eyes, clasp hands and the music starts, and for the next four minutes Tessa Virtue and Scott Moir skate as if there's nobody else in the building.

The Canadian ice dancing duo is among the best in the world, known for their innovative lifts, their intricate spins and footwork, and classic elegance in a discipline too often characterized by its kitschy costumes and cheesy routines.

Much of their allure is their unquestionable chemistry, their ability to capture an audience with their utterly believable romance.

But the two are just

friends, their relationship forged over sweat and spills and spirals in the more than 10 years they've been partners.

"Maybe the reason why we've lasted so long is we respect each other as individuals and we love each other," Moir says. "We've been together for so long, we've grown up together, and we just have this respect for each other, and the skating works."

It wasn't always so.

For the first year of what would eventually flourish into a medal-winning partnership, Virtue and Moir barely spoke to one another.

"Noooo," Moir's mom Alma says, laughing. "He was

kind of sweet on her at first, and at that age when you have to hold a girl's hand, it's like 'Oh no, I can't talk to her too.' It was funny the first little bit."

Alma and twin sister Carol, both former skaters who coach in Ilderton, Ont., partnered the two when Tessa was just seven and Scott was nine.

Virtue, 20, and the 22-year-old Moir — who did date briefly when they were younger — quickly developed into one of the top young dance tandems in the country, and in 2006 became the first Canadian ice dancers to win the ISU world junior championships.

THE CANADIAN PRESS



Tessa Virtue and Scott Moir perform during the Exhibition Gala after the BMO Canadian Figure Skating Championships at the John Labatt Centre in London, Ont., on Jan. 17.

## Others to watch

• **Patrick Chan, Canada:** The 19-year-old, who won silver at the last Winter Games, hopes to bounce back from a rough season and win Canada's first men's figure skating gold.

• **Evgeni Plushenko, Russia:** The 2006 Olympic gold medallist came out of retirement for Vancouver, with his sights set on repeating as champion.

• **Kim Yu-Na, South Korea:** The 19-year-old who trains in Toronto with Canadian coach Brian Orser is the runaway favourite to win gold in Vancouver.

• **Oksana Domnina and Maxim Shabalin, Russia:** Domnina and Shabalin are the reigning world ice dance champions, and easily won the recent European championships.



We are all Team Canada.



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# Health & Beauty

## Banning sexual information

The J Spot

Josey Vogels

metronews.ca/thejspot

ast week, the Riverside County School District in California pulled Merriam-Webster dictionarys off public school shelves after a student "stumbled" upon a "graphic" definition for oral sex.

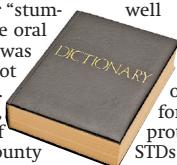
First of all, I doubt the kid "stumbled" upon the definition. It's pretty much a right of passage to look up "dirty" words in the dictionary when you're a kid. I'm sure kids today are not different.

And while the parent

who complained may have found the definition — "oral stimulation of the genitals" — to be "graphic," I'm not quite sure how else one would define it.

In fact, I'm pretty sure the definition of the word "genitals," which this kid no doubt immediately looked up after "stumbling" upon the oral sex definition was equally, if not more graphic.

But luckily, the children of Riverside County will soon be protected from "stumbling" upon any graphic definitions as the district spokeswoman Betty Cadmus told the local paper that while "it's hard to sit and read the dictionary, but we'll be looking to find other things of a graphic nature."



## Are they serious?

These days, any kid with access to a computer and the ability to type the words "oral sex" into a search engine can get a lot more than a simple definition. In fact, they can get definitions of it in Spanish, Italian and/or German as well as instructional videos on how to do it, pornographic images, and videos of it being done to information on how to protect oneself from STDs when doing it.

Still, banning books for their sexual content goes on all the time. In fact, while the kids of Riverside County were being protected from definitions of oral sex, students at a school district in Virginia were being protected from young holocaust victim Anne

Frank's innocent description of her vagina in a 1995 version of The Diary of a Young Girl.

Recently, it's been reported that the teen pregnancy is on the rise for the first time in years. Some say this is no coincidence that this is happening after 10 years of mandated abstinence-only until marriage sex education in schools that has excluded or prohibited educators from teaching about contraception and condoms to young people in high school.

Keeping information about sex and sexuality doesn't help kids. Giving them solid, realistic and accurate information about it does. And frankly, I'd much rather my kid find out the definition of oral sex from a credible source such as the Merriam Webster dictionary than a really seriously graphic porn website like oralsex101.com.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



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## Busting big health myths

ROMINA MCGUINNESS 

• **EXERCISE ALONE IS ENOUGH TO LOSE WEIGHT** Eighty per cent of weight loss is to do with your nutrition and only 20 per cent is to do with exercise. Nutrition will not only affect your weight, it will also dictate how you look, feel and think — it has a huge effect on your mental state of mind.

• **BAN ALL FATS FROM YOUR DIET** The body needs fat but people need to understand the crucial difference between good fats and bad fats. Essential fatty acids, found in oily fish (salmon, mackerel), avocado, nuts and flaxseeds, are the good kind.

• **NO PAIN NO GAIN** You want to train smart, not hard. You can have an intense workout but that doesn't mean it has to hurt. Make sure you exercise with the correct goal; building muscle, toning up or burning fat.

• **STICK TO THREE MEALS A DAY AND NEVER SNACK IN BETWEEN MEALS** The fastest way to strip fat is to eat foods containing plenty of fiber and protein, little and often. When training celebrities for a movie, Duigan makes them eat up to eight times a day.

• **NEVER EAT CARBOHYDRATES IN THE EVENING** Many people believe that they won't be able to burn off carbs at night but this is a bit of a myth. Carbs can actually help you get a good night's sleep.

• **IT'S NOT THE CALORIES THAT MATTER, BUT WHAT YOU EAT** It is and it isn't. You must be careful about what you eat and aware of the calories you are consuming. Getting your calories from organic fruit, meat and vegetables is better than getting them from processed foods.

• **VEGETARIAN DIETS ARE HEALTHIER THAN MEAT ONES** Everyone is different, some people respond extremely well to vegetarian diets whereas others can get very sick. Healthy vegetarians should count themselves lucky as most people need meat in their diet.

• **LIFTING WEIGHTS WILL MAKE YOU LOOK BULKY** Unless you lift extreme weights then there is no reason for this to happen. The best thing is to avoid training like a body builder, therefore don't train with one.

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**Canadian wins culinary award**

Justine de Valcourt of Montreal won the top spot in the eighth annual S.Pellegrino Almost Famous Chef Canada regional competition. Valcourt won for her signature dish of Venison in Wooden Flavours. **THE CANADIAN PRESS**

# Food



## Waves of chocolate

Shape matters in the competitive chocolate bar business. The makers of Nestlé Noir bars asked themselves: Why is chocolate made in almost flat squares? After three years and three dozen experimental shapes, they have introduced the wave. This new shape, its surface partly rippled, is meant to add visual appeal and improve that melt-in-your-mouth quality. **TORSTAR NEWS SERVICES**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

### LiquidAssets



**Peter Rockwell**

metronews.ca/liquidassets

### Spanish flare

No country understands the old adage of "sometimes you just can't catch a break" better than Spain. Even though it has been turning juice into wine since somewhere around 3000 BC it's still not considered a major player here in North America.

The problem is that what makes Spain unique in the wine world is actually holding it back. Its native grapes are generally hard to pronounce and don't always appear on its wine labels, which means they're not on the tip of the average consumer's tongue. And unless you've been there you probably know very little about Spain other than bull fights, tapas and Antonio Banderas.

Since fruit is the foundation of liquid leaning, meet tempranillo in the form of **Marqués de Cáceres' 2004 Crianza** (\$16.95 - \$21.79). As red grapes go, tempranillo is Spain's superstar and this Rioja-made crianza's mature black fruit (with subtle hints of wood and spice) is a perfect introduction.

Garnacha is the country's second most red popular grape with the jammy, mulberry rich **El Burro 2008 Kickass Garnacha** (\$12.90 - \$14.99) taking the New World road with an easy to read label and cutesy name that doesn't undermine the classic varietal flavours you'll find in the glass.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years. Follow him on Twitter @TheRealWineGuy and email liquidassets@eastlink.ca.

# Osmond perks up recipes

CBC host teaches back-to-basics cooking

**CELIA MILNE**  
for Metro Canada

### Kary Osmond will have you chopping, stirring and grilling in no time.

This bubbly brunette with big blue eyes blends cooking know-how with passion and flare. She's the host of CBC's new show Best Recipes Ever, on every day at 3 p.m.

Osmond, 30, grew up in a home where cooking was like breathing. Her parents owned a Ukrainian deli and catering business in Mississauga, Ont., so almost everything they did revolved around food. It was natural for her to help out, chopping vegetables and rolling Swedish meatballs even as a child. To this day, she thinks about cuisine all the time. "I sleep with cookbooks," she laughs.

In fact, Osmond thought all kids cooked, until she went away to school, where she realized none of her roommates had the faintest clue how to cook rice. So she taught them.

Osmond attended George Brown College Chef School and has worked as a chef. She always wanted to do a cooking show, but realized it might never happen. "I thought: How will I get started? I have no credibility. No one knows me." She took a job in marketing.

On the side, she planned a website for beginner cooks. She posted a temporary page showing her picture and bio. A recruiter for the CBC saw it and asked her to come in for an audition. Believe it or not, the audition was Osmond's first time in front of a camera. That freshness and spunk is what got her the job. "It's a dream come true," she says.

She was somewhat humbled after rehearsals, when CBC producers sent her home with a tape of herself, which she excitedly showed her husband. "I looked like a cooking show host on speed," she laughs. "I wasn't breathing or pausing. I was nervous."

Osmond taught herself to simmer down. She's now a veteran, with dozens



Roasted Salmon with Prosciutto

of shows under her belt. Each show has a theme, such as Soup for Dinner or Best Three Appetizers. She chooses dishes from Canadian Living's 30-year-old recipe library Tested Till Perfect.

"I'm having the time of my life," says Osmond. "I'm so excited to teach Canada to cook. The recipes will turn out every time. I promise."

THE FOLLOWING RECIPES ARE COURTESY OF BEST RECIPES EVER:

### Roasted Salmon with Prosciutto

SERVES 4

#### INGREDIENTS:

- 4 apples
- 3 Tbsp (50 mL) liquid honey
- 1/2 tsp (2 mL) cinnamon
- 1/2 tsp (2 mL) grated lemon rind
- 3 sheets phyllo pastry
- 2 Tbsp (25 mL) canola oil
- 25 mL
- 3 Tbsp (50 mL) sliced almonds, toasted

#### METHOD:

1. In small bowl, mix together mustard, chives and pepper; spread over both sides of salmon. Place fish, skinned side down, on prosciutto; wrap around fish.

2. Arrange fish, prosciutto to seam side up, on parchment-lined or greased rimmed baking sheet; roast in 400F (200C) oven until fish flakes easily when tested, about 10 minutes. (Or place on greased grill over medium heat; close lid and grill, turning once, until fish flakes easily when tested, about 10 minutes.)

### Phyllo Cluster Apple Tarts

SERVES 4

An average slice of apple pie has 450 calories and 22 grams of fat. These spiced apples nestled in crisp phyllo pastry have only 265 calories and 11 grams of fat, of which only 1 gram is saturated.

#### INGREDIENTS:

- 4 apples
- 3 Tbsp (50 mL) liquid honey
- 1/2 tsp (2 mL) cinnamon
- 1/2 tsp (2 mL) grated lemon rind
- 3 sheets phyllo pastry
- 2 Tbsp (25 mL) canola oil
- 25 mL
- 3 Tbsp (50 mL) sliced almonds, toasted

#### METHOD:

1. Peel and slice apples. In large nonstick skillet, bring apples, 1/2 cup (125 mL) water, honey, cinnamon and lemon rind to simmer over medium heat; cover and cook, stirring occasionally, until tender, about 15 minutes. Let cool.

2. Lay 1 sheet of phyllo on work surface, keeping remainder covered with damp tea towel; brush lightly with oil. Repeat twice, using all but about 1 tsp (5 mL) of the oil. Using sharp knife, cut into quarters. Gently push each into large muffin cup, separating layers to ruffle edges.

3. Divide apple mixture among cups; sprinkle with almonds. Brush remaining oil over ruffled edges of phyllo. Bake in centre of 350F (180C) oven until pastry is light golden, about 15 minutes. Serve warm.



Kary Osmond, host of the new show Best Recipes Ever, was recruited by the CBC based on a website she designed for beginner cooks. Her show airs daily and features a different theme each episode.

## YOU COULD WIN 1 OF 5 3GS iPhones

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No purchase necessary. Contest open to Canadian residents of legal age. Contest closes February 28, 2010 at 11:59pm. Odds of winning depend on number of entries received. Winners will be randomly chosen from people who have unlocked the badge. Value of prize is \$699 each. For full contest rules and details, visit www.clubmetro.com.



Jesse James really wants to find his missing dog — and he's willing to dig deep into his pockets. James just tweeted on Sunday that he was raising the reward for Cinnabun to an even \$5,000 US. The dog went missing a week ago in Long Beach, Calif. [TMZ.COM](http://TMZ.COM)

James offers cash for canine

# Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

## Roberts finds Edge

Canadian actor lands major Hollywood roles

IAN GORMELY  
for Metro Canada

In their never-ending attempt to entice moviegoers to their features, film studios often simplify complicated or convoluted plots in film trailers. But in doing so, they sometimes fail to convey the full scope of a movie. So is the case with Edge of Darkness, Mel Gibson's first acting role since 2003.

Trailers have sold the film as a revenge thriller with Gibson, cast as a father pushed to the edge trying to find his daughter's killer. And while that is at the heart of the film, it's only one el-

ement of this multi-faceted film. "Yes, there's much more of a story there," jokes Shawn Roberts who plays Gibson's daughter's boyfriend in the movie. "It's one of those old fashioned movies."

That story, which also includes double crosses and political and corporate intrigue was based on a 1985 BBC series of the same name and adapt-

Edge of  
Darkness is  
playing in  
theatres



Canadian actor Shawn Roberts co-stars with Mel Gibson in action thriller Edge of Darkness.

ed, among others, by William Monahan who also penned The Departed.

Roberts, a Stratford, Ont., native who now spends most of his time in Vancouver, shared all of his scenes with Gibson, who he described more than anything as "just a guy."

"He can go from being Mel Gibson,"

to being (his character) Thomas Craven in a flash. I'm sitting there on the side of the set getting ready for my seven pages of 'Oh my God, I'm just about to die' dialogue and he's fiddling around with stuff on set, and joking with crew members. And the second that rolling is called out, he's there and he's on."

To get the part Roberts made an audition tape and sent it to the

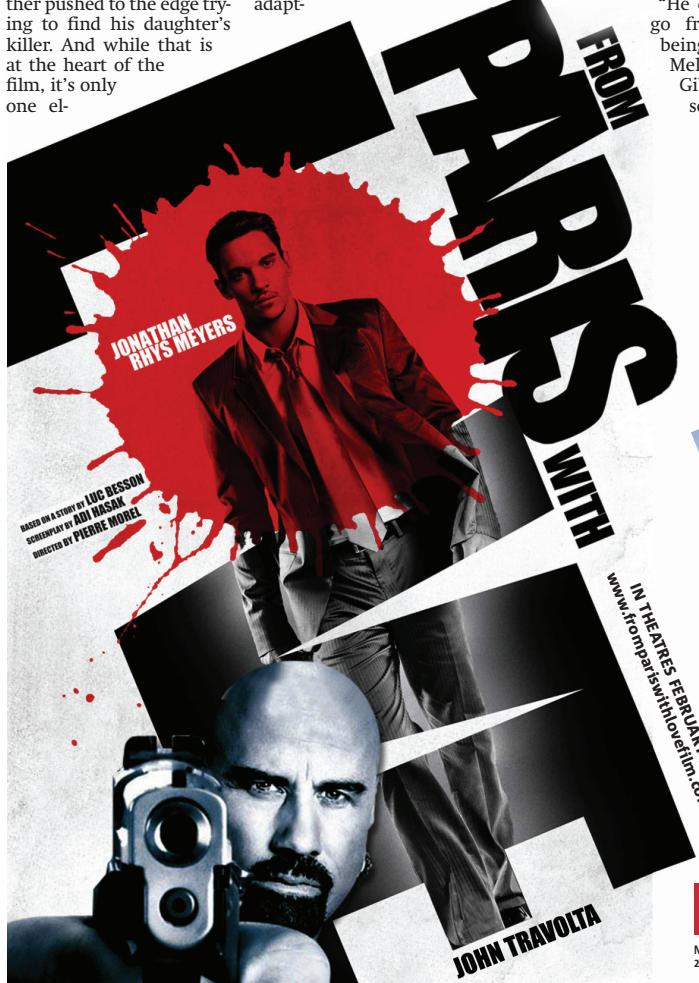
film's director, Martin Campbell. But after some reflection Roberts decided to send another.

"I made one tape up in Vancouver and sent it down, but I wasn't terribly pleased with it," he says. He decided to make another in the hopes that the director would disregard the original. "You can keep it,

you can send it," he thought, "but I'm making another one."

Despite the high profile Hollywood gig, which will be followed by a role in the latest instalment of the Resident Evil series, Roberts's still doesn't see himself as having "made it" in Hollywood.

"I think one of the strongest messages is don't come to Hollywood until they come calling," he says. "And I don't think I've made that transition yet."



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PICTURES

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No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes February 7, 2010 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit [www.clubmetro.com](http://www.clubmetro.com)

## One for Haiti

Simon Cowell's Helping Haiti charity single was completed on Saturday night. The song, a cover of REM's Everybody Hurts, features 21 artists, including Rod Stewart, Mariah Carey, Jon Bon Jovi and Susan Boyle.

[FEMALEFIRST.CO.UK](http://FEMALEFIRST.CO.UK)



**Chuck taps Willard, Swoosie**

Chuck has tapped Fred Willard and Swoosie Kurtz to guest star as a Hart to Hart-esque spy couple now over-the-hill but still in the game. [ew.com](http://ew.com)

# Remembering Kate McGarrigle

**Rufus and Martha Wainwright both sang yesterday at a funeral celebrating the life of their mother, renowned folk artist Kate McGarrigle.**

"I will miss her smile, I will miss her hands," Rufus Wainwright told the congregation of about 500 gathered at Montreal's Notre-Dame Basilica.

"I will miss her reckless humour."

Martha Wainwright led a chorus of McGarrigle's last song, Proserpina, and said she would always carry her mother in her thoughts and her heart.

Emmylou Harris, who covered McGarrigle's music, also performed at the two-hour service in honour of the singer, who died two weeks ago after a battle with cancer at age 63.

McGarrigle and her sister Anna became known as the McGarrigle Sisters and began their careers performing at Montreal coffeehouses in the 1960s with a group called the Mountain City Four.

Their first album, Kate



Rufus Wainwright is kissed by sister Martha following the funeral of their mother, Kate McGarrigle in Montreal yesterday.

and Anna McGarrigle, was released in 1975 to critical acclaim. It was selected as one of the best albums of the year by London's Melody Maker and the New York Times.

Some of their most well-known tunes included The Work Song, Cool River and Lying Song.

But they were perhaps best-known to Canadians for their distinctive rendition of Wade Hemsworth's The Log Driver's Waltz, which was featured in a 1979 animated short done by the National Film Board.

THE CANADIAN PRESS

## Warhol photos go to U.S. colleges, universities

**ART** Andy Warhol kept boxes upon boxes of soup cans, receipts, fan mail and many other items, including thousands of photos he later used as inspiration for his giant paintings.

Now more than 180 colleges and university museums, and galleries around the nation are benefiting. The New York City-based Andy Warhol Foundation for the Visual Arts has donated to them more than 28,500 of Warhol's photos, worth \$28 million US.

"This is a little-known body of Warhol's work," Jenny Moore, curator for the foundation's Andy Warhol Photographic Legacy Program, said.

THE ASSOCIATED PRESS

## Kenya's Style

### Kenya Hunt

Exclusively at [metroneWS.ca/globalstyle](http://metroneWS.ca/globalstyle)

For complete online movie listings, trailers, reviews and tickets, visit:

[metroneWS.ca/movies](http://metroneWS.ca/movies)

ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2/2/10	2	CFRN	239	318	etalk	Access H.	American Idol (HDTV) (N)	Lost The aftermath from the bomb detonation. (N)	CTV News			
news	3	KHQ	-	370	News (N)	Millionaire	Jeopardy! (N)	Wheel Fortune	The Biggest Loser	The blue and yellow teams return. (N)	Jay Leno Show	
	4	CBXT	-	307	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Kids in Hall	Comedy	CBC News: The National	The Hour
	6	KREM	-	372	News	Access H.	The Doctors	NCIS "Masquerade" (N)	NCIS: Los Angeles (N)	The Good Wife		
	7	KCEM	241	347	Law & Order: Special Victims	The Jay Leno Show (N)	The Biggest Loser	The blue and yellow teams return. (N)	NCIS: Los Angeles (N)	EP Daily		
	8	CITV	240	339	ET Canada	Entertainment	The Good Wife "Bad"	NCIS "Masquerade" (N)	NCIS: Los Angeles (N)	News Hour		
	11	OMNI	-	-	KingQueens	The Simpsons	Omni News: S. Asian Edition	Omni News: Cantonese Edition	Two/Half Men	Two/Half Men	Metro	
	13	KXLY	-	371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Lost "Final Chapter" (N)	Lost "LAX (Parts 1 & 2)" (N)		
	16	KAYU	-	373	The Office	Raymond	Two/Half Men	Two/Half Men	American Idol (HDTV) (N)	Kitchen Nightmares (N)	News	
	22	KSPS	-	374	PBS NewsHour (N)	NOVA (HDTV) (N) (DVS)	Wild Lives	Frontline "Digital Nation" (N) (DVS)	Frontline "Digital Nation" (N) (DVS)	Tavis Smiley	Charlie Rose (N)	
	24	WTVS	-	364	A History of Surgery	Frontline "Digital Nation" (N) (DVS)	You've Gone	CBC News: The National	CBC News: The National	CBC News: The National	fifth estate	
	15	CBCN	502	-	CBC News: The National	CBC News: the fifth estate	CBC News: The National	EarthWatch One	EarthWatch Two			
	21	TWN	505	398	(5) EarthWatch One	EarthWatch One						
	27	CNN	500	500	Larry King Live (N)	Anderson Cooper 360 (HDTV)						
	54	CTV	501	391	CTV News Tonight	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	
	70	BNN	504	508	Squeeze Play	Business News	Commodities	Market Call Tonight	Headline	Commodities	Squeeze Play	
	20	TSN	400	400	Curling Scotties Tournament of Hearts. (Live)	SportsCentre (Live)			Off the Record	Hockey	Strongest Man	
	23	net	408	418	(6) WHL Hockey Red Deer Rebels at Regina Pats. (Live)	Hockey Central	Flames Week	SportsNet Connected			MMA Conn	
	47	SPEED	417	406	Super Bikes!	Super Bikes!	Dangerous Drives (HDTV)	Pass Time	NASCAR Hub	Monster Jam (HDTV)	Super Bikes!	
	94	SCORE	410	403	Basketball	Court Surfing	NBA news, scores and highlights.	Score Now	NASCAR Hub	Score Now	Score Now	
	9	EDAC	267	351	Alberta Primestime (Live)	All A*** (2001, Biography) Will Smith, Jamie Foxx, Jon Voight.						Primetime
	14	YTV	552	543	Carly	To Be Indie	ICarly Fries That?	Malcolm-Md. Hates Chris	8 Simple Rules	What I Like	Family Biz	
	17	TREE	553	546	Little Bear	Maggie-Beast Babar	Zigby	Max & Ruby Dragon (DVS)	Backyardigans Ni Hao, Kai-lan	Go, Diego, Go!		
	42	TOON	555	545	Jimmy Two	Johnny Test	Scooby-Doo	Total Drama	Futurena King of the Hill	American Dad		
	45	FAM	557	541	Han. Montana	Wizards-Place Sonny Chance Suite Life	Oversold! Han. Montana	Wizards-Place	Latest Buzz	Ned's School		
	-	TVA	121	714	TVA nouvelles	Le Cercle (SC) La Fière de la danse (SC)	Rock et Rol Caméra Café	La Promesse (HDTV) (N) (SC)	TVA nouvelles			
	18	CMT	575	583	According/Jim	According/Jim Home Improve.	Home Improve.	Shaye: This is It	Amer. Funniest Home Videos	Reba		
	25	A&E	615	520	Psychic Kids: Paranormal	Paranormal	Paranormal	Paranormal	(1001) Criminal Minds	Psychic Kids		
	26	MMF	571	581	I Want to Work for Diddy	Entourage Wild 'n Out	mittop10.ca	I Want to Work for Diddy	Entourage			
	29	FOOD	603	561	The F Word (N)	Good Eats Good Eats	Restaurant Makeover	Restaurant Makeover	Diner, Drive-In Unwrapped	The F Word	Drop-Diva	
	31	SHOW	617	522	Trailer Park	Trailer Park	Rebel Hunter	Love Notes (2007, Drama) Laura Leighton, Antonio Cupo.				
	32	DISC	520	505	Destroyed	Destroyed	License to Drill "Cabin Fever"	Daily Planet	Destroyed	Destroyed	Licence to Drill	
	33	SLICE	601	562	Party Mamas	Wedding SOS	Wedding SOS	ET Canada	What Happen?	Real Housewives NYC	Housewives	
	34	W	602	567	House-Sell	House-Sell	Supernanny	The Shopping Bags	Beauty Call	Style by Jury	Look Good	
	35	TLC	521	561	19 Kids-Count	Little Couple	Little Couple	19 Kids and Counting	19 Kids-Count	19 Kids-Count	Little Couple	
	36	BRAVO	620	523	The Musical Brain	Synchronicity	Law & Order	Law & Order	Without a Trace	Another You		
	38	SPIKE	628	584	Entourage	Entourage (8:06) Pros vs. Joes	Entourage	Entourage	(10:12) Pros vs. Joes	CSI: Crime Scn		
	39	AMC	-	-	Lara Croft Tomb Raider: The Cradle of Life	(8:45) Escape From I.A. ** (1996, Action)			(10:45) End of Days *			
	40	HIST	522	506	Pawn Stars (N)	Pawn Stars (N)	Access Behaving Badly	Crime Stories	Cities of the Underworld	Ancient Dis.		
	41	COM	626	547	Just for Laughs	Air Farce	22 Minutes	Corner Gas Name is Earl	The Simpsons	South Park	Jeff Dunham	
	43	SPACE	627	528	Human Target (N)	Fringe (HDTV PA) (N)		InnerSpace Stargate SG-1 "Prodigy"	Star Trek: Next Gener.			
	44	WPCH	294	650	Law & Order: Special Victims	In the Mix * (2005, Comedy-Drama) Usher.			The Office Stealth (2005, Action)			
	46	OLN	411	457	Operate-Repo	Operate-Repo	Ghost Hunters International	Destination Truth	Operate-Repo	Operate-Repo	Ghost Hunters	
	48	TROP	619	525	End of Leash	Bootcamp	Parking Wars	Rescue Ink "No Bull"	Dog Whisperer	End of Leash		
	50	STAR	621	527	The View (HDTV) (N)	The Dr. Oz Show (HDTV)	TMZ etalk	Access H.	Extra	Dr. Oz Show		
	52	HGTV	600	564	Bang, Buck	Genevieve	House Hunters	Holmes on Homes	Million Dollar Listing	Bang, Buck		
	65	TLN	700	800	David Rocco	Magnifica Italia	George Lopez	George Lopez Lopez Tonight	Raymond	Raymond	Paid Program	
	92	APTN	269	350	Fish Out of Mixed Blessing	Cashing In	Rabbit Fall	BlacKey	MTV	Rez Tunez		
	93	VISION	261	394	Quantum Leap	Unscripted (N)	Bennbergui-Isr	Poltergeist: The Legacy	The Cotton Club *** (1984, Musical)			
	100	MTV	581	566	(6:30) Teen Mom	Teen Mom (N)		After	Taking the Stage	Teen Mom		
	101	MM	570	580	My Date With...	Muchmusic Countdown			America's Best Dance Crew	disBAND		
	102	CPAC	512	396	(6:30) Primetime Politics		Tete a Tete	The Public Record	Prime...Politics	Primetime Politics		
	103	VIVA	526	507	The Closer	Cold Case	Psychic Inv.	Ghostly Enc.	Judging Amy	Missing		
	106	RDI	126	730	Le Téléjournal (SC)	RDI économie	Le National	Le Téléjournal (SC)	24 Heures en 60 minutes (SC)	Le Téléjournal		
	161	SUPER	-	-	The Orphanage *** (2007, Suspense)	Bélen Rueda.	Undead or Alive: A Zomby * (2007)		Valley of Angels (2008)			

## DVD picks



### Zombieland

**Director:** Ruben Fleischer

**THIS IS A ROAD** movie and a buddy comedy, and it's funny as hell, but it's first and foremost a horror thriller about killing zombies. This means a lot of gnawed limbs, exploded skulls and things that go "ick" in the night — and day.

It's a point worth underlining, maybe even in blood, because the film Zombieland most resembles is *Shaun of the Dead*, which wasn't anywhere near as gory.

If you can't "nut up or shut up," as Woody Harrelson's redneck zombie

zapper Tallahassee commands, then you're not even as brave as Woody's travelling companion Columbus, played by Jesse Eisenberg with his usual neurotic intensity.

Columbus can't make it with the ladies, even undead ones, but he's learned how to handle a shotgun (he's a crack shot, too). In his secondary role of narrator, he lists the survival rules he's developed to evade and eliminate zombies (No. 1: have good cardio

plot, but don't take that as a bad thing — and watch for the best cameo of 2009. Nut up or shut up!

Extras include cast and crew commentary, deleted scenes and making-of featurettes.

want to be free".

Mira Nair's film strives too hard to be profound and not enough to be merely human. Swank bears a resemblance to Earhart, but her problematic accent sounds more like Annie Oakley and her various declarations are almost entirely banal.

What's lacking is any real sense of the woman behind the cardboard sentiments, the one who grew from a Kansas farm girl fascinated by flight into a record-breaking aviatrix whose mysterious 1937 disappearance over the South Pacific still fascinates the public mind.

"There's more to life than being a passenger," Earhart says early on, but the film ultimately takes all of us for a ride.

Extras include deleted scenes, featurettes and Movietone News.

Peter Howell/for Metro Canada



### Amelia

**Director:** Mira Nair

**EVERY UTTERANCE** by Hilary Swank in her interpretation of flying legend Amelia Earhart seems like either a motivational bromide ("What do dreams know of boundaries?") or a statement of female empowerment ("I

## critics' corner

### Lost

The Emmy-, Golden Globe- and Peabody Award-winning series returns for its final season with "LA X (Parts 1 and 2)," a two-hour episode wherein the aftermath from the detonation of the hydrogen bomb is revealed. Was Juliet able to reset time, allowing Oceanic Air 815 to land safely in Los Angeles, or did the bomb destroy the island and all its inhabitants? 9 PM on CFRN; 10 PM on KXL



### The Musical Brain

For better or worse, we're always getting songs stuck in our heads. This special explores how the brain interprets music and uses it to shape our view of the world. It includes insights from such acclaimed musical artists as Sting, Wyndell Jean, Michael Bublé and Feist. 7 PM on BRAVO

### American Idol

The artist formerly known as Posh Spice returns as a guest judge for the final round of auditions in Denver. More than 9,000 hopefuls were on the scene in the Mile High City. After tonight, the competition starts for all those wannabe Carries and Cooks. 8 PM on CFRN; 9 PM on KAYU





Bar loves cheap undies

Bar Refaeli loves wearing cheap underwear. The stunning model — who is the on/off girlfriend of Leonardo DiCaprio — admits she boycotts expensive panties for cheaper ones because she thinks luxury underwear is a waste of money, femalefirst.co.uk reports. METRO NEWS SERVICES

## Celebrity Buzz



Buy one coffee, get a second cup on us.

Valid only at participating Second Cup locations from February 2 to February 5, 2010. Buy a medium size brewed coffee and receive a medium size brewed coffee for free. Offer is limited to one free medium size brewed coffee with purchase per voucher. Voucher has no cash value and is not valid with any other offer.

## Tito under fire

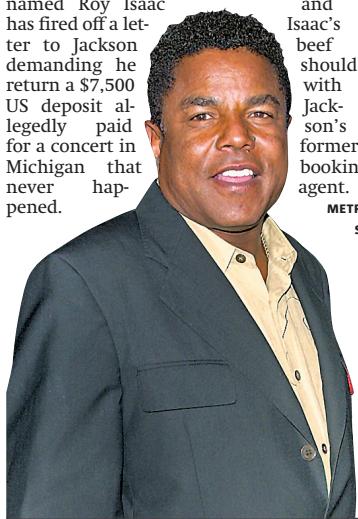
**MJ ... THE GOSSIP TABLOID GIFT THAT NEVER STOPS GIVING** Tito Jackson is accused of single handedly torpedoing a Michael Jackson tribute concert last year — and now the guy behind the show is looking to settle the score, TMZ.com reports.

A concert promoter named Roy Isaac has fired off a letter to Jackson demanding he return a \$7,500 US deposit allegedly paid for a concert in Michigan that never happened.

Isaac tells TMZ the whole thing fell apart, in part, because Jackson refused to do any press for the show. Now, Isaac has told Jackson that he wants his money back — in 30 days — or else he'll sue.

Jackson's rep tells TMZ that Tito never got the money and Isaac's beef should be with Jackson's former booking agent.

METRO NEWS SERVICES



## No V-Day plans for Miley Cyrus

**SOMEONE PHONE UP R. KELLY**

Miley Cyrus — who has been spotted smooching Aussie actor (and *Last Song* costar) Liam Hemsworth — doesn't have any plans for Valentine's Day this year, usmagazine.com reports.

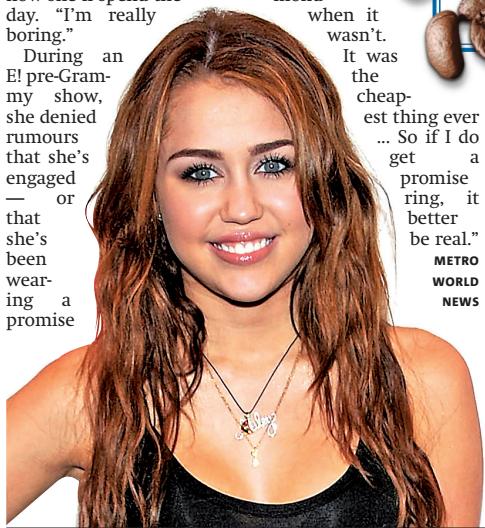
"Work," she told usmagazine.com when asked how she'll spend the day. "I'm really boring."

During an E! pre-Grammy show, she denied rumours that she's engaged — or that she's been wearing a promise

ring. "I bought it myself," Cyrus, 17, said of the bling. "And I got it made in London, and everyone thought it was diamond when it wasn't."

It was the cheapest thing ever ... So if I do get a promise ring, it better be real."

METRO WORLD NEWS



## Bell engaged

## WOW ... IT'S LIKE IT WAS VERY

**DELIBERATELY TIMED OR SOMETHING** Kristen Bell and Dax Shepard had something even shinier than a Grammy to show off on the red carpet of the Staples Center Sunday night, her engagement ring, people.com reports.

The couple, who've been together for years and currently costar in the romantic comedy feature *When in Rome*,

are getting married. Bell's rep, Marcel Pariseau, confirms to People, "Yes, they are engaged. Over the holidays."

Shepard, 35, has been on the TV shows *Punk'd*, *My Name Is Earl* and the upcoming *Parenthood*. Bell, 29, is best known for her role on *Heroes*. Both hail from Michigan.

METRO NEWS SERVICES



If you treat your friend to a better cup of coffee did you still laugh at their new haircut?

Use the coupon above to find out.



## Book recalls intervention

## HAPPY B-DAY, QUIT DOING DRUGS

Elton John once used Donatella Versace's daughter's birthday party as a ruse to stage an intervention for the designer, according to a new book.

METRO WORLD NEWS



## Britney goes cross country

## PLANE JANE

It was a mad dash across country for Britney Spears as she tried to get to the Grammys on time. The pop star was spotted boarding a flight from Miami to L.A. Sunday morning, according to Popeteer. "She was with an entourage of eight who were so

nervous about not having enough time to get her red carpet ready," a stylist tells the website.

METRO WORLD NEWS



## Wood tries to kick booze habit

## ON THE WAGON, WITH A LITTLE HELP

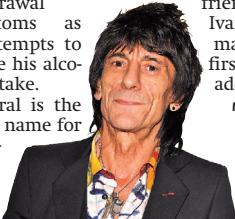
Ronnie Wood is taking anti-craving tablets to help him stop drinking, femalefirst.co.uk reports. The Rolling Stones rocker is reportedly taking one Campral tablet everyday to help him cope with the withdrawal symptoms as he attempts to reduce his alcohol intake. Campral is the brand name for Acam-

prostate, which helps treat people with alcohol dependency by stopping neurotransmitters in the brain getting overexcited by alcohol withdrawal.

Apparently, the 62-year-old guitarist agreed to take the medication in a last-ditch effort to avoid being admitted to rehab. A source said, "Rehab is a last resort — he wants to do cold turkey himself."

Wood — who has battled alcoholism for years — fell off the wagon in 2008, leaving his wife of 23 years Jo for now ex-girlfriend Katia Ivanova, femalefirst.co.uk adds.

METRO NEWS SERVICES



## Pink plans on eating

## LETTING LOOSE

Pink looked hotter than ever in her nude sparkly bodysuit as she performed *Glitter in the Air* at the Grammys

METRO NEWS SERVICES



Sunday in L.A., so usmagazine.com asked her about her post-award show plan?

"I'm going to go home and cook and get fat," she joked.

METRO NEWS SERVICES

Follow these celebrities on Twitter...

## CelebTweets

## KATY PERRY

keeps getting into trouble on Twitter. @katyperry sorry mom, again.

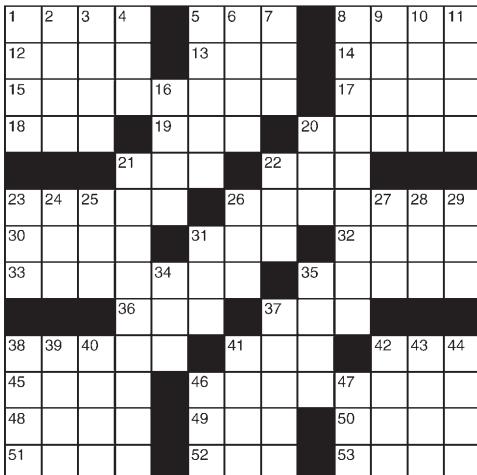
METRO WORLD NEWS



**Michele McDougall, Weather Specialist & Host – Breakfast Television**

'My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes.'

WEEKDAYS AT 6 A.M.

**ACROSS**

1 Cleanser  
5 Aviate  
8 "Consarn it!"  
12 Diamond  
Head locale  
13 "7 Faces of Dr. —"  
14 Sand-wich cookie  
15 Leave the witness stand  
17 Corrosion  
18 Resistance unit  
19 Coffee shop vessel  
20 Trap  
21 Dos Passos trilogy  
22 Addressee  
23 Representative  
26 Showing 33-Across  
30 Parliamentarian  
31 Upper limit  
32 Defeat decisively  
33 Ennui  
35 Wherewithal

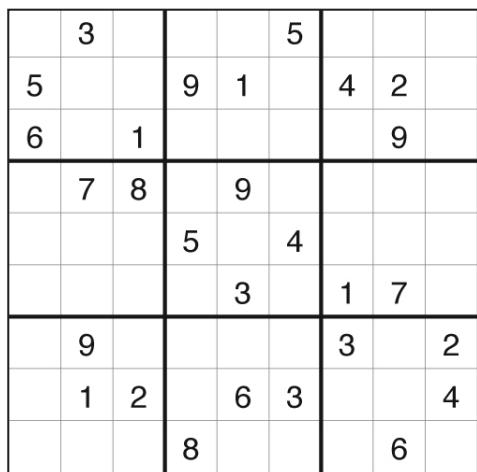
36 Ply oars  
37 That girl  
38 At the stern  
41 Slithery squeezer  
42 Billboards  
45 Texas city  
46 Track  
48 Fancy rental car  
49 Buck's mate  
50 Staff  
51 Undo a dele  
52 Whatever number  
53 Surrounded by

**DOWN**

1 Mediocre  
2 Inauguration recitation  
3 Throat-clearing sound  
4 Litter member  
5 Plant life  
6 Gnome home?  
7 Thither  
8 Australia  
9 Geometry find  
10 Approach  
11 Clinton's veep

**Sudoku**For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:****On the web**For more games and 60 additional daily cartoon strips, visit [metronews.ca](http://metronews.ca)**Horoscopes by Sally Brompton** [sallybrompton.com](http://sallybrompton.com)For Sally's expanded daily and weekend horoscopes, visit [metronews.ca](http://metronews.ca)**ARIES**

MARCH 21-APRIL 20

**TAURUS** APRIL 21-MAY 21

Don't worry if you've been finding it difficult to get along with a certain individual. Venus, planet of harmony, will help you overcome your differences.

If there is something you want done, something that is important to you, there is no alternative but to do it yourself.

**LIBRA**

SEPT 23-OCT 23



Someone you live with or work alongside is being less than honest about what they intend to do and what they do could affect your livelihood.

**SCORPIO** OCT 24-NOV 22

Why are you worrying about things over which you have no control? Whatever the reason your task now is to embrace the unknown.

**GEMINI** MAY 22-JUNE 21

If you let others set the rules of the game today they will inevitably fix them so that they win and you lose.

**SAGITTARIUS** NOV 23-DEC 21

Take a break from your work and think about the direction in which your life is moving. Sometimes Sagittarians can stray off course a little.

**CANCER** JUNE 22-JULY 22

Think long and hard before ending an association that won't be easy to resurrect. You may be angry with someone for letting you down.

**CAPRICORN** DEC 22-JAN 20

You are attaching far too much importance to other people's opinions and not enough importance to your own beliefs.

**LEO** JULY 23-AUG 23

Loved ones will be extra demanding today and if you get through to bedtime without losing your cool you will have done very well indeed.

**AQUARIUS** JAN 21-FEB 18

If you think that someone is wasting your time then let them know you don't take kindly to those who tell you one thing but mean another.

**VIRGO** AUG 24-SEPT 22

Take it easy today, and for the next few days, because there are some busy times ahead. Changes on the work front could affect you.

**PISCES** FEB 19-MARCH 20

Put minor issues out of your mind and focus only on the things that really matter. Some people may be upset that you have no time for them, though.

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METRO NEWS SERVICES

**entertainment 19****Take Five****Metro Recipe of the Day****Salmon and Artichoke Open Omelette****INGREDIENTS:**

8 eggs  
1/4 lb (125 g) smoked salmon slices  
1 tbsp (15 ml) chopped fresh dill  
3 tbsp (45 ml) sour cream  
1 1/2 tbsp (20 ml) butter  
14 oz (398 ml) can baby artichokes, rinsed and quartered

**METHOD:**

- Break eggs into large bowl and add 3 tbsp (45 ml) water and seasoning. Beat until combined but not foamy.
- Cut salmon slices into 4 x 1 1/4 in. (10 x 3 cm) ribbons. Stir dill into sour cream. Preheat Broiler.

- Heat butter in nonstick frying pan that can go under grill. When butter looks foamy, pour in egg. Cook over high heat until

egg starts to set underneath. Using back of fork, stir so that liquid egg runs under set mixture. Leave to cook until omelette starts to brown underneath.

- When omelette looks almost set, quickly top with smoked salmon strips and scatter artichoke over. Remove pan from heat and slide under grill; cook until lightly browned on top.
- Remove from heat. Spoon dollops of sour cream on to omelette, which will melt to make light sauce. Cut into wedges and serve.

**SERVES 4****rd.ca**

For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

**This day in history**

1899: The Australian Premiers' Conference held in Melbourne decides to locate Australia's capital (Canberra) between Sydney and Melbourne.

1901: Queen Victoria's funeral takes place.

1922: Ulysses by James Joyce is published.

1943: Second World War: The last German forces surrender to the Soviets after the Battle of Stalingrad.

1990: Apartheid: F.W. de Klerk allows the African National Congress to function legally and promises to release Nelson Mandela.

2007: Four tornadoes hit Central Florida, killing 21 people.

# GREAT deals starting at

# \$729

+Taxes & other fees  
(including service charges): \$280



## MEXICO

### Cancun / Riviera Maya

Royal Solaris Cancun • 4★

All-Inclusive

Deluxe lagoon view rm.  
Mar. 18 • 1 wk.

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+Taxes & other fees  
(including service charges): \$280

### Ixtapa / Zihuatanejo via Calgary

Barceló Ixtapa Beach • 4★

All-Inclusive

Standard rm.  
Mar. 6-27 • 1 wk.

**\$1339**

+Taxes & other fees  
(including service charges): \$266

## DOMINICAN REPUBLIC

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Occidental Grand

Punta Cana • 4★

All-Inclusive • Junior suite  
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**\$859**

+Taxes & other fees  
(including service charges): \$302

### Gran Bahia Principe Ambar,

Don Pablo Collection • 5★

All-Inclusive • Junior suite

Feb. 9-23 • 1 wk.  
Adults only

**\$1229**

+Taxes & other fees  
(including service charges): \$302

## CUBA

### Santa Clara via Calgary

Barceló Cayo Santa Maria

Beach Resort • 4★

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Junior suite  
Feb. 10 • 1 wk.

**\$929**

+Taxes & other fees  
(including service charges): \$218

### Meliá Las Dunas • 4★

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Feb. 17 & 24 • 1 wk.

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Carnival Victory®

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Interior stateroom, cat. 4B

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(including service charges): \$284



This Valentine's, love is in the air

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Mar. 19 • 4 nts.

**\$829**

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from Jan. 22 and completed by Mar. 31, 2010.

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Los Cabos via Calgary

Barceló Los Cabos

Palace Deluxe • 5★

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Mar. 6-20 • 1 wk.

**\$1199**

+Taxes & other fees  
(including service charges): \$268

### DOMINICAN REPUBLIC

Punta Cana via Calgary

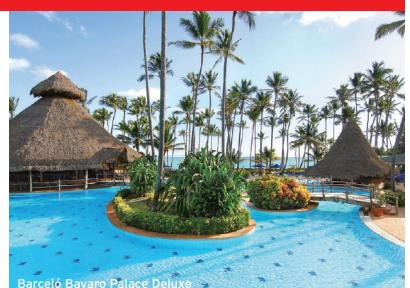
Barceló Bavaro

Palace Deluxe • 4 1/2★

All-Inclusive • Junior suite deluxe  
Feb. 23 • 1 wk.

**\$1229**

+Taxes & other fees  
(including service charges): \$302



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